

Visions to Operate the Healthy Corner at the

7th Annual Tom Joyner Family Reunion

Personal Health Tip

5 Foods to Improve Your Health

- ♥ Oranges or OJ– rich in fiber, Vit C, anti-oxidants and folic acid.
- ♥ Dark leafy greens– beta caratene, Vit C, folic acid and fiber.
- ♥ Bran cereal– prevents constipation
- ♥ Low-fat yogurt– good source of calcium.
- ♥ Green tea– boosts metabolism and has cancer fighting qualities.



Professional

Success Tip

4 Ways to Enhance Your Online Job Search

- ◆ **Create** multiple formats of your resume, i.e., Microsoft Word, PDF, HTML, etc.
- ◆ **Avoid** generalizations use titles and key words throughout .
- ◆ **Be** relevant and concise by describing your related experience in an easy to read format.
- ◆ **Use** niche boards and specialty sites.



Contact Information

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Newsletter Staff

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Visions has been awarded the contract to plan and operate the Healthy Corner at the 7th Annual Tom Joyner Family Reunion in Orlando Florida.

Neicey Johnson, Visions' Executive Director, states, "we are most proud to be awarded this awesome opportunity to bring health and wellness awareness information and screening to the thousands of people who attend this event." This award marks Visions' 3rd year as a program sponsor-vendor.

The Family Reunion is sponsored by the Tom Joyner Foundation in support of its efforts to Historically Black Colleges and Universities continue their quest to educate students with generous scholarships.

The event is held on Labor Day weekend, September 3-5, 2009 at the Gaylord Palms Resort in Orlando.

Empowering People in the Community

Visions continues to nurture its relationships with the Association of Black Cardiologists, Inc., and The Office of Healthy Behaviors, Fulton County, GA through the REACH for Wellness program. The program empowers the faith community to become the health leaders by offering services that include:

- Cardiovascular disease education and knowledge assessments
- Blood pressure measurement training
- CPR classes (BCLS)
- Weekly physical activity at select sites throughout the county
- Coordination of health screening events

Visions Supports the Community

As a sponsor of the 10th Annual Real MEN Cook event in Atlanta, Visions coordinated the health screens as well as the vendor and celebrity exhibits. More than 3,000 people attended the event on Father's Day.



2009 Real MEN Cook Winners

Visions was a proud supporter of the 3rd Annual Power to End Stroke Ambassadors Awards Gala in Atlanta. The Power to End Stroke is an American Heart Association and American Stroke Association signature grassroots program that brings awareness of the devastation of heart disease and stroke to the African American community.



Gala Ambassadors and gospel artists Bobby Jones and Dottie Peoples

Visions Welcomes Your Tax Deductible Donations

Visions is an IRS designated 501(c)(3) charitable organization. All funding benefit our programs and services.



2008 TJFR Healthy Corner

Highlighted Successories

The STAND-Visions partnership has proven to be rich in opportunity and success stories for program participants.

Visions excitedly report an **75%** job placement rate for program participants completing the job readiness training classes. Even during these tough economic times and a 10.1% unemployment rate in the state, we are continuously favored to have participants recently released from jail or prison to become employed; some in preferred positions based on their past professions.

Program participant Dexter Smith stated "I have been through many job training programs and there is nothing like this one. The things I have learned here will take me through life... I tell you guys to listen to everything that is taught and take it all in for your own benefit."



STAND participants and Visions Board members enjoy a business etiquette outing

Congratulations to program participants N. VanExel and J. Fuller for being recognized as Overcomer of the Year and Man of the Year, respectively, during the Concerned Black Clergy 7th Annual Salute to Fathers.

Upcoming Events

- August 1, 2009, 11am—4pm
Health Awareness and Screening
New Birth Missionary Baptist Church,
Bishop Eddie Long
(Lithonia, GA)
- August 15, 2009, 11am—4pm
STAND Family Fun Day
Greater Piney Grove Baptist Church,
Dr. William E. Flippin, Sr. Pastor
(Lithonia, GA)
- September 3-5, 2009
Tom Joyner Family
Reunion
Orlando, Florida

